

C L A I M S

1. An exercise system comprising:

a local system including at least one exercise apparatus and at least one
5 associated local computer, said at least one local computer controlling and
monitoring the operation and use, respectively, of said at least one exercise
apparatus;

a remote system including at least one remote computer; and

a communication linkage including a packet network connection that at
10 least part-time couples said local system to said remote system for data
communication between said local system and said remote system, such that said
remote system may receive local system data from said local system concerning
said use of said exercise apparatus, and such that said local system may receive
remote system data from said remote system concerning said operation of said
15 exercise apparatus.

2. An exercise system as recited in claim 1 wherein said local system is
one of a plurality of local systems, each of which is in at least part-time
20 communication with said remote computer, and wherein said packet network
operates on a TCP/IP protocol.

3. An exercise system as recited in claim 2 further comprising a server
system including at least one server computer in at least part-time communication
with said remote computer.

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4. An exercise system as recited in claim 3 wherein said remote system
is one of a plurality of remote systems, and each of which is in at least part-time
communication with said server system.

5. An exercise system as recited in claim 4, wherein said local computer controls an operation of said exercise apparatus based upon a modifiable script stored in a read/write memory of said local computer.

5 6. A local system as recited in claim 5 wherein said local computer is located internally to said exercise apparatus, and wherein said script is modifiable externally to said exercise apparatus.

10 7. A local system as recited in claim 6 wherein said local computer wherein said remote system data may include at least a portion of a modified script to be stored in said read/write memory.

15 8. A local system as recited in claim 5 wherein said exercise apparatus includes at least one of a bicycle, a rowing machine, a step machine, and a resistance trainer.

9. A local system as recited in claim 5 wherein said script may include a resistance setting for said exercise apparatus.

20 10. A local system comprising:

at least one exercise apparatus; and

25 at least one associated local computer monitoring a use of said exercise apparatus and, in response thereto, controlling an operation of said exercise apparatus based upon a modifiable script stored in a read/write memory of said local computer, wherein said operation may include a force-feedback to a user of said exercise apparatus.

11. A local system as recited in claim 10 wherein said local computer is located internally to said exercise apparatus, and wherein said script is modifiable externally to said exercise apparatus.

5 12. A local system as recited in claim 11 wherein said local computer can communicate with a remote system to provide said remote system with local system data concerning said use of said exercise apparatus, and to receive remote system data including at least a portion of a modified script to be stored in said read/write memory.

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13. A local system as recited in claim 12 wherein said exercise apparatus includes at least one of a bicycle, a rowing machine, a step machine, and a resistance trainer.

15 14. A local system as recited in claim 12 wherein said script includes a resistance setting for said exercise apparatus.

15. A method for controlling an exercise apparatus comprising:

20 running a modifiable script on a local computer to control the use and to monitor the operation of an exercise apparatus, said script being stored in read/write memory of said local computer, where the use of said exercise apparatus may be affected by said script and by said monitoring of said operation of said exercise device; and

25 communicating with a remote system via a network using a TCP/IP protocol to provide said remote system with data concerning said use of said exercise apparatus, and to receive from said remote system data including at least a portion of a modified script to be stored in said read/write memory of said local computer.

16. A method for controlling an exercise apparatus as recited in claim 15 wherein said communicating comprises establishing a communication linkage including an Internet link between said local computer and said remote system.

5 17. A method for controlling an exercise apparatus as recited in claim 16 further comprising:

10 communicating between said remote system and a server system, such that remote system data derived, at least in part, from said local computer can be communicated to said server system, and such that server data can be communicated to said remote system.